

Name_____ class_____

Date : _____

I

Read the following text carefully.

Unhealthy Habits

It is calculated that by the year 2230, the entire population of the USA will be dangerously overweight. Nine years ago only one in eight was obese. Nowadays in five Americans one is obese and the figure continues to rise.

One of the problems is the big quantities they eat. The drink and food portions are so vast in America that a new vocabulary has evolved to do justice to the menus. Food sizes no longer stop at large, but run through jumbo, supreme, monster and super size.

This is also a country which eats out. There are about 215,000 fast food restaurants across the land. You can find them everywhere. Half of their business now comes from people who never open their car doors. Inside, restaurant plates that used to be 10 inches in diameter are now a standard 12 inches to accommodate the growing portions.

Everybody is not only eating more, but also consuming more and more junk food. And everybody knows what food like this can do to their weight and health. The average American consumes 20 teaspoons of sugar a day, most of it from soft drinks, twice the recommended safe amount and 25 per cent more than 10 years ago.

Besides, the average American sits at a desk all day, goes past a drive-through restaurant, heads home, opens the garage door automatically and heads for the armchair, television with remote control and mobile phone resting on the arms. Everything is electric, everything has been motorised or electrified.

The growth of obesity among children is also worrying American health experts. At least 30 per cent of adolescent boys watch four hours of television a day. Children are also spending long hours sitting surfing the Internet or playing computer games. As a result, 12 per cent of adolescents are overweight.

There are people who want to ban advertising of junk snacks, just as it has happened with advertising of cigarettes and prevent them from being sold in schools. In a country where cigarette manufacturers have already been taken to court, food manufacturers also risk facing legal challenges from lawyers.

The Centre for Disease Control has already warned the nation about an 'epidemic of obesity', but it is hard to make people give up their eating habits even if they know about the health risks they run.



Based on an article published in The Express

1- Are the following statements True or False? Correct the false ones.

1. Americans enjoy going out to eat. _____
2. It is difficult to find fast food restaurants. _____
3. People eat less and don't eat any junk food. _____
4. Children don't do as much exercise as they should. _____
5. It is easy to make people give up their eating habits. _____

2 – Find in the last two paragraphs of the text the words that mean the following.

- 1- forbid _____
- 2- light meal _____
- 3- stop _____
- 4- company that produces products in large quantities _____
- 5- informed about possible danger _____

3- Answer these questions about the text

1. According to the text how many Americans are obese nowadays?

2. Identify other attitudes in their everyday life that are also unhealthy?

3. How much sugar does the average American consume a day?

4. How do most children spend their free time?

5. What is the percentage of overweight adolescents?

II

1- Write the words / expressions in the correct column.

bread	cereal	pork	jam	snack	milk
orange	juice	potatoes	coffee	tea	water
lunch	meat	butter	breakfast	dinner	wine
watermelon	chops	cherries	lettuce		

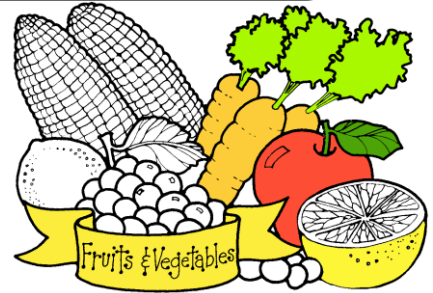
THINGS TO EAT	THINGS TO DRINK	MEALS

III

Are you a healthy person? Write a paragraph about your lifestyle and food preferences.

Don't forget to refer:

- number of meals a day;
- favourite food
- favourite drink;
- physical exercise habits.



Good Work!